



Grant County Health Department
111 South Jefferson Street Floor 2
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www.co.grant.wi.gov
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COMMUNITY EDITION

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Love Is... Respect!

Teen Dating Violence Awareness

Trust, honesty, respect, equality, and compromise are the foundation of a healthy relationship. Unfortunately, teen dating violence is a serious problem in the United States. Teen dating violence can manifest as any of the following:

- ★ Physical violence-involving pinching, hitting, shoving, or kicking
- ★ Emotional violence- involves threatening a partner, name calling, shaming, bullying, controlling/jealous behaviors, keeping a partner away from friends and family.
- ★ Sexual violence- forcing a partner to engage in a sex act when he or she does not or cannot consent

Did you know more than 1 in 10 teens who have been on a date have also been physically abused by a boyfriend or girlfriend in the last year? It has also been estimated that between two and three in 10 teens reported being verbally or emotionally abused by a romantic partner in the last year. Being a victim of teen dating violence can increase a youth's risk of suicide attempts, substance abuse, poor academic performance, risk of physical injury, and poor self-esteem. No one deserves to be abused, ever, for any reason.

There are steps you can take to make a difference:

- Start the conversation early
 - ✕ Talk to your kids about healthy relationships.
 - ✕ Keep the lines of communication open with your kids.
- Be a role model – treat your kids and others with respect.
- If you are worried about your teen, call the National Dating Abuse Helpline at 1-866-331-9474 or text “loveis” to 22522.

For more information go to <http://youth.gov/youth-topics/teen-dating-violence> or <http://www.loveisrespect.org/>

The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.

Websites

- ▶ Visit the Grant County website at www.co.grant.wi.gov for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website www.dhswir.org for information on your immunizations.
- ▶ Visit www.grantcountyhospice.com for information on the Hospice Program.
- ▶ Visit www.safegrantcounty.org for information on the S.A.F.E. Grant County Coalition.

Support the Health of Children:

Celebrations involving children often include unhealthy choices like cupcakes, soda and candy. While there is nothing wrong with an occasional treat, unhealthy foods are often the norm. These treats are found at parties, vending machines, stores and are often used as rewards, fundraisers and snacks.



Creating healthy food environments can influence children's health and teach healthy lifestyle choices. While parents may be trying to offer healthy food options at home, the constant treats offered other places are hard to compete with.

Make changes that make a difference:

- Include physical activity into celebrations—play games outside when weather is nice.
- Ask for healthy options at the concession stand-try fresh fruit as an alternative to candy.
- Choose healthy fundraisers-get involved and be creative!
- Make healthy snacks fun-try presenting fruits or vegetables in the shape of a seasonal symbol (such as a tree or turkey).
- Ask schools and organizations to not reward children with unhealthy foods-use things like school supplies or an extra recess as a reward instead.
- Celebrate by going somewhere special-go on a hike as a family or visit a park.

Source: Healthy Celebrations, Connecticut State Dept of Education

Brought to you by Donna Peterson, Nutrition Educator and Coordinator in Grant and Iowa County with UW-Extension. (phone: 608-930-9856).

UW
Extension

WIC & Health Check Clinics

(Immunizations including influenza vaccine is given at all these clinics)

Influenza Vaccine still Available at all WIC clinics.

Mar 2nd—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Mar 8th—Fennimore United Methodist Church from 9:00am to 3:30pm

Mar 14th—Boscobel United Methodist Church from 9:30am to 3:30pm

Mar 16th—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Mar 21st—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

Mar 23rd—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

Mar 28th—Lancaster Schreiner Memorial Library from 9:00am to 3:30pm

Mar 29th—Late Lancaster Schreiner Memorial Library from 3:00pm to 6:30pm



The Grant County Health Department will be closed on the following day:

April 14th at noon

Mumps in Grant County

As of February 14, 2017, the Grant County Health Department has received a total of 64 reports of potential Mumps cases since the beginning of October 2016. Of those cases, 23 have been confirmed. The disease typically begins with a fever, headache, muscle pain and a general feeling of discomfort. Commonly the cheek and jaw area swells on one or both sides of the face.

The best protection against mumps is proper immunization. The two doses of MMR vaccine is about 88% effective at providing immunity against Mumps. Grant County Health Department can provide MMR vaccine free of charge to children without insurance coverage.

If you think you may have Mumps do not go to work or school and seek appropriate medical attention. Please call your health care provider in advance so contact with others can be limited. For further information on Mumps or immunizations contact the Grant County Health Department at (608) 723-6416 or visit www.co.grant.wi.gov



Top 10 Tips for Dealing With a Picky Eater

Start by introducing healthier elements into foods that your child already likes. For example, offer blueberry pancakes, carrot muffins, fruit slices over a favorite cereal, or chunks of bell pepper in a potato salad.

Include your kids in the prep work. By being involved in grocery shopping and food preparation, your kids will have more 'buy-in,' and they may be more likely to eat it.

Don't buy unhealthy foods. Out of sight, out of mind. If the chips and cookies aren't around, your kids can't eat them. They may resist at first, but when they get hungry, they'll start munching the carrot sticks. Keep healthy foods on hand, for example a bag of apples instead of a bag of chips.

Schedule snack time and stick to it. If your kids know they will only get food at certain times, they'll eat what they get when they get it. Try to have snacks incorporate two food groups. For example, offer cheese and whole-grain crackers or apple slices with low-fat yogurt or cottage cheese.

Have healthy finger foods available. Kids like to pick up foods, so give them foods they can handle. Fruit and veggie chunks (raw or cooked) are great finger-food options.

Get rid of the "clean your plate" rule. Kids know when they're full, so let them stop.

Encourage kids to "eat their colors." Eating a variety of brightly colored foods provides more nutrients in greater variety.

Don't cut out treats altogether. Think moderation. A scoop of ice cream or a serving of Oreos is all right occasionally. If you cut out all the goodies, your kids will be more likely to overeat when they do get them.

Eat at the dinner table, not in front of the TV. Eating in front of the TV is distracting, and kids may not notice that they're full.

Be a good role model. Let your kids see you eating healthy foods.

Source: American Heart Association



Tips for helping dry skin

- In the bath or shower:
 - Only be in the shower or bath for 5 or 10 minutes
 - Use warm rather than hot water
 - Wash with a gentle, fragrance-free cleanser
 - Pat your skin dry with a towel
 - Apply moisturizer while skin is still damp
- For very dry skin, use an ointment or cream rather than a lotion.
- Wear lip balm
- In the cold, wear gloves and a scarf when you go outdoors to prevent chapped hands and lips
- Use a humidifier to add moisture to the air in your home



Moisturizer does not need to be expensive to be effective. Look at the ingredients not the price.

When selecting a moisturizer to soothe dry skin, look for products that contain lactic acid or urea. These help even severe dryness. Hyaluronic acid, which naturally occurs in the skin, can help the skin hold water. Dimethicone and glycerin help draw water to the skin and keep it there.

Lanolin, mineral oil, and petrolatum (also known as petroleum jelly) effectively trap water in the skin as well.

Source: American Academy of Dermatology



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